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(54) ANTIOXIDANT FOOD

(57)Abstract:

PURPOSE: To provide an antioxidant food containing the leaf of radish, etc. as a main component, having high safety, and effective to prevent the accumulation of oxide such as lipid peroxide in the body or skin, eliminate the various problems caused by obesity and the increase of lipid peroxide, and prevent the deterioration of food with time.

CONSTITUTION: .The objective antioxidant food contains, as essential components, one or more components selected from (A) the dried powder of the leaf of radish (e.g. radish, beach radish, etc.) and/or its extract, (B) the pigment component of black soybean or adzuki bean (a red black pigment extracted from the crushed beans), (C) dried powder and/or extract of citrus fruit (fruit of tangerine, kumquat, trifoliate orange, etc.), (D) dried powder and/or its extract of SAKE lees and (E) dried powder and/or extract of parsley leaf. It is administered preferably 500W10,000mg/man at a time in terms of powder of the raw material.

EFFECT: The obesity and the tendency of high lipid peroxide can be dissolved without avoiding the food having high saccharinity or high calorific value.

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